



national  
hearing  
voices  
network



# SURVIVING & THRIVING IN a MAD WORLD ..

**Saturday 1 Feb 2020, 10.30am - 4pm, HVN AGM at 4.15pm  
@ University of East London, Stratford**

**Confirmed speakers include:** Elisabeth Svanholmer, Rufus May, Alison Branitsky, Rai Waddingham, John Read



**ABOUT:** We know that social inequalities and adversity (inc poverty, discrimination, racism and other forms of hate and intolerance (including homophobia, transphobia and sexism), prejudice, poor housing, isolation, loss, trauma and abuse) can be related to difficult voice-hearing experiences.

**It's important that the conversation doesn't stop there.**

This event explores some of the many different ways people and their experience of voices, visions and similar sensory perceptions are affected by a world that can be 'maddening'.

**Importantly it looks at how we can take care of our selves and one another.**

**This event is suitable for: anyone interested in the topic, including:** people who hear voices, their loved ones, practitioners, academics & policy makers.

\* **Profits will be used to subsidise travel** for HVN members with lived experience that would otherwise struggle to attend. We are keeping costs low, but **please consider donating additional funds** if you are able.

**Room G.17,  
University Square  
Stratford, 1 Salway Road,  
London, E15 1NF**

## THEMES:

Living in a Mad World:  
Personal experiences

Creating Communities &  
Sanctuary Spaces

Creative Acts of Resistance:  
Challenging the status quo

Surviving in a Mad World:  
Recognising & working  
with 'burnout'

## FEES:

**FREE\*:** HVN MEMBERS  
Individuals & groups

**£5\*:** CONCESSIONS  
Unwaged non-members

**£20\*:** REDUCED:  
Low-waged non-members

**£40\*:** STANDARD  
Waged non-members

**Book:** [www.hvn2020.eventbrite.co.uk](http://www.hvn2020.eventbrite.co.uk) **For info, email** [info@hearing-voices.org](mailto:info@hearing-voices.org)